

# **BEGINNER**

## **FREE WEIGHT WORKOUT**

The following exercises can be completed with free weights. This is a circuit, start with exercise 1 and work your way down the list and go back to the top and go through a second time to complete both sets.

**GOAL = Complete 2-3 times per week**  
**2 SETS, 15-25 reps per set**

- **Dumbbell Chest Press**
  - **Two-Arm Dumbbell Rows**
  - **Bodyweight Squats**
  - **2 minutes Walking /Jogging in place**
  - **Dumbbell Chest Fly**
  - **Dumbbell Upright Rows**
  - **Bent Knee Bridges (both feet on the floor)**
  - **2 minutes Walking/Jogging in place**
  - **Dumbbell Bicep Curls (both arms, same time)**
  - **Tricep Bench Dips (bent knees)**
  - **30 second Plank**
  - **2 minutes Walking/Jogging in place**
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